





LINCOLN SENIOR CENTER MENU APRIL, 2018

For Additional Information Call 362-4504

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 MEATLOAF MASHED POTATOES GREEN BEANS APPLESAUCE ICE CREAM	3 BBQ PORK RED POTATOES GOLDEN CORN PURPLE BEETS SWEET PEACHES	4 BAKED CHICKEN SWEET POTATOES MIXED VEGGIES CRANBERRIES COOKIES *WOOD CARVING*	5 HAMBURGERS TATER TOTS BAKED BEANS FRUIT SALAD	6 HAM & BEAN SOUP FRESH BAKED BISCUIT VEGGIE SALAD JUICY PEARS
9 POLISH SAUSAGE SAUERKRAUT RED POTATOES CARROT COINS FRUIT	10 <u>BIRTHDAY DINNER</u> CHICKEN CHOW MEIN MIXED VEGGIES TOSSED SALAD BAKED APPLES CAKE & ICE CREAM	11 TACO SALAD REFRIED BEANS BLUSHING PEARS CINNAMON ROLL *WOOD CARVING*	12 CHILI CON CARNE PB&J SANDWICH VEGETABLE SALAD PINEAPPLE	13 BAKED COD RED POTATOES GREEN BEANS DICED BEETS PEACHES
16 HAM & SCALLOPED POTATOES GARDEN PEAS WHOLE GRAIN ROLL APPLESAUCE	17 HAMBURGER PATTY MASHED POTATOES SWEET CORN 3 BEAN SALAD GOLDEN PEARS	18 CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS CRANBERRIES *WOOD CARVING*	19 HUNGARIAN GOULASH MIXED VEGGIES FRUIT SALAD ICE CREAM	20 CHICKEN NOODLE SOUP VEGGIE SALAD PLUMP PEACHES CINNAMON ROLL
23 CHILI DOG TATER TOTS VEGGIE SALAD APPLE COBBLER	24 CHICKEN & RICE PETITE PEAS CARROT RAISIN SALAD CRANBERRIES ICE CREAM	25 HAMBURGER ROLL-UP MEXICAN BEANS COLESLAW GOLDEN PEARS *WOOD CARVING*	26 PORK ROAST MASHED POTATOES SWEET CORN WHOLE GRAIN ROLL CINNAMON APPLESAUCE	27 <u>CLOSED</u> <u>ALL STAFF DAY</u>
30 FISH SANDWICH TATER TOTS MIXED VEGGIES PICKLED BEETS SWEET PEACHES				

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250. This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN. Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.

MEALS ARE SERVED WITH LOW FAT MILK, COFFEE, JUICE, WHOLE GRAIN BREAD AND MARGARINE.